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### **Meditations from the Mat Daily Reflections on the Path of**

It's like being on my mat, in that this is my space and time where I get to think about how my practice extends from my mat into my life. It's been a great help for me, and my wife. It's been a great help for me, and my wife.

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Yoga is asking us to pay attention to the nature of all of our relationships and to apply the yamas and the niyamas to them. Whether it is our relationship to our breath, the bottoms of our feet, the ant crawling across the kitchen floor, our families, or to God, we are being asked to pay attention.

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The 365 meditations included in this book offer a way to integrate the mindfulness that yoga teaches into everyday life. Whether used in the morning to set the tone for the day, during yoga exercise itself, or at the end of the day, during evening reflection, Meditations from the Mat will support and enhance anyone's yoga journey.

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### **Meditations from the Mat by Rolf Gates Katrina Kenison**

Meditations from the Mat invites you to come as you are, to support your own individual practice simply by taking a few quiet moments each day to connect with a teacher and with the best part of yourself. Although few of us manage to get to our yoga mats every day, we can still live our yoga we can take three minutes to read a page, learn something new, change our perspective, open our hearts.

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Being involved in movies is my passion. What's gotten me off the mat is the sense of the child in all of us. I feel like the same guy as I did back in the mail room, but with more wisdom, from the depths of experience to the

heights.

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